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LINDSAY LOHAN HITS UP YE OLDE JINGLE BALL {page 08}

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Monday, December 10, 2012

GETTY IMAGES

music

Big Boi keeps growing up on his new album

- One half of Outkast talks about his latest solo effort and one unbreakable bond {page 10}

local

Stolen bike? Don't let it happen again

- Harvard student creates website to track most common places for bike thefts {page 02}

- Patriots and Texans ready for battle of AFC's best
- Pivotal playoff seeding on the line
- Three things to watch in NFL's regular season game of the year {page 21}

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By the numbers

43

The number of college women requiring medical attention for consuming too much alcohol is growing in Amherst, said fire officials in the western Massachusetts college town. Forty-three women from the town's three colleges have been taken to hospitals in intoxicated states so far this fall, compared to 32 men, according to the Daily Hampshire Gazette. METRO

Today's local tweet

"when the prudential becomes your north star and way of navigating around you know you live in boston #secretsofthe city"

@GINGASPICEXO, ON HER USE OF THE PRUDENTIAL TOWER AS A NAVIGATION TOOL

In the news

▶ Burbine

Accused molester expected in court

WAKEFIELD. The man accused in one of the worst cases of child sexual abuse in years in Middlesex County will be in court this week.

John Burbine, 49, of Wakefield, will be in court Wednesday after being indicted on 100 counts related to child sexual abuse.

Burbine is accused of raping or sexually assaulting 13 boys and girls between the ages of 8 days and 3.5 years old, authorities said. He had access to the children through an unlicensed child care facility that his wife ran, authorities said. METRO

Man attacked on Beacon Hill

BOSTON. A man walking along a Beacon Hill street was attacked by a man who was apparently following him.

The man told police he was walking on Joy Street just after midnight Friday when he heard footsteps behind him. When he turned to see the person, he was grabbed and a struggle between the two men broke out.

During the struggle, the man said the attacker started swinging something with a blue light on the end of it, possibly a Taser. The man was able to break free and the attacker fled.

Police searched the area and found a man who fit the description. Yohan Almonte, 24, of Boston, was charged with armed robbery. METRO

Stabbing on T bus

BOSTON. A man was treated at Brigham and Women's Hospital yesterday after being stabbed by another man while riding an MBTA bus.

The victim, 24, was allegedly attacked while the Rt. 34 bus was driving on Washington and Beech Streets, a T spokesman said.

The suspect is expected to be arraigned today. METRO

Harvard student creates site to track bike thefts

- Bicycle thefts are sky-high with increased ridership
- Bikenapped.com may expand beyond Cambridge

NICOLAUS CZARNECKI/METRO

▶ Harvard graduate student Lulu Li, 25, created the website Bikenapped.com after having two of her bikes stolen.

After Harvard graduate student Lulu Li had not one, but two, of her beloved bicycles stolen, she decided to take action.

A little more than a week ago, the 25-year-old design student launched Bikenapped.com, a website that allows cyclists to map the locations of bicycle thefts and share their stories. Scorned cyclists can also print a "Bikenapped" flyer to post at the location of the theft, warning other riders to take precautions.

"They steal everything from $3,000 bicycles to $20 beater bikes, but there is a sentimental value beyond the monetary value of a bike," said Li, who described her bike thefts as "traumatic."

Her first bike loss happened when she was an undergrad at Yale University years ago. A thief made off with a bicycle her father had given her while in fourth grade.

"It was too big for me back then, but [my father] said I'd grow into it. I had it all those years and then it was just taken," she said.

On March 27 — yes, she remembers the exact date — at the time a sophomore at Harvard, her 3-week-old bicycle was stolen.

"There is really nothing you can do to stop a thief once he is committed to stealing your bike," said Li. "I realized that the most important thing one can do is raise awareness."

The website so far has roughly 460 reports of thefts, which averages to about $228,620 in property loss.

Li has spent months collecting the majority of the bike theft reports from the Cambridge, Harvard and MIT police departments, but since launching the website on Nov. 30, more than 30 bicyclists have already weighed in.

In October, Sarah Gluck's bike was stolen in broad daylight.

"I relied on my bike as my main mode of transportation to take me through the city and keep me healthy and alive... [I] miss it very much," she wrote on the forum.

Li is hoping to get more people to share their bikenapping stories.

Did you know?

Six years of public police log data show that bike thefts are more prevalent in the summer months than in winter. August shows the highest incident rate, with an average of 130 bikes reported to Harvard Police Department that month.

Bike theft is the most common deterrent to cycling. Of cyclists who experience theft, about one in four never return to cycling, and 66 percent cycle less often.

(Source: Transport Research Laboratory)

Quoted

"I was pleasantly surprised at how far its gone in short time without a massive push for publicity. To me it validates that this is a big problem. ... A lot of people I have interviewed said that bikes are their main mode of transportation. If a car is stolen, it is taken a lot more seriously than if a bike is stolen."

LI

By the numbers

What Li learned about the Cambridge bike thefts:

66%
Of stolen bikes were secured with a cable lock. The majority of bikes stolen were locked with cable locks, which can be compromised by common tools.

8%
Of the bikes were unsecured and mainly stolen from private porches and yards

15%
Of the bikes stolen were secured with U-locks

11%
Of the bikes stolen were tied with a chain lock.

$497
According to Harvard Police, the average property loss per bike theft is $497; police logs show that the value of stolen bikes range between $50 and $3,000.

(Sources: Bikenapped.com, Harvard Police Department 2011 data)

MORGAN ROUSSEAU
morgan.rousseau@metro.us

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Police searching for women involved in stunning robbery

Police are seeking the public's help locating a pair of apparently thirsty women who pulled off what could have been a shocking robbery.

Surveillance images of the two women were recently posted online by Quincy police in an attempt to locate the women who are allegedly responsible for the incident that took place last month.

The women went to the Rite Aid on Granite Street on Nov. 21, according to police. While there, one of the women shoplifted a bottle of vodka from the store.

An employee of the pharmacy confronted the woman who was concealing the bottle ,and that's when she pulled out a stun gun.

"When confronted she pulled out a Taser and threatened it toward the loss prevention officer," according to police.

▶ Surveillance image

The gun was not fired, and the woman was able to flee. However, police said they have identified her.

Another woman is accused of assisting the alleged shoplifter during the robbery, but police did not provide details on how the woman helped out.

Police described the second woman who assisted in the robbery as a black woman with a medium build and medium height. She was wearing a white jacket with fur on the collar.

There were no injuries reported from the incident.

Tips

Anyone with information can call **617-745-5774.**

MICHAEL NAUGHTON
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Hotel. Protest

▶ Parents and students from the Workmen's Circle Jewish Sunday School gathered for the protest yesterday.

NICOLAUS CZARNECKI/METRO

Students protest for hotel workers

Students from the Workmen's Circle Jewish Sunday School led a protest yesterday against the Meridien Hotel in Cambridge, which has been the subject of boycotts and protests from its own workers who say they have increased workloads after staff layoffs. METRO/SHNS

Gas leak evacuates yoga studio

BOSTON. A carbon monoxide leak prompted the evacuation of a downtown yoga studio and spa and sent eight people to the hospital.

The leak occurred Saturday afternoon at Exhale Spa on Arlington Street, according to the fire department.

Thirty people were treated by emergency responders and eight people were taken to Massachusetts General Hospital and Tufts Medical Center where they were treated for carbon monoxide exposure.

Fire officials were looking at gas hot water heaters and clothes dryers in the mixed use building as potential sources of the leak.

A spokeswoman for the company told the Globe that the spa would be closed until further notice.

Unlike some residences, commercial businesses are not required to have carbon monoxide detectors.

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▶ All the gifts purchased will be sent directly to Metro's office. It's the third year of Metro Magic, where we ask our readers to go online to buy toys for underprivileged children.
METRO

GOP: We have no choice but to give in on tax rates for wealthy

Conservatives have no choice but to give into White House demands on higher tax rates for the wealthy, if the fiscal debate is to move to their main goal, overhauling big government benefits programs, several Republicans said yesterday.

"There is a growing group of folks who are ... realizing that we don't have a lot of cards as it relates to the tax issue before year-end," Republican Senator Bob Corker of Tennessee said on the "Fox News Sunday" program.

GETTY IMAGES

▶ Protestors opposing cuts

The Bush-era tax cuts for all Americans are set to expire at the end of the year if Congress and the Obama administration fail to pass legislation to extend the tax breaks.

The White House and Republican congressional leaders are deadlocked over the tax rate on upper income earners, and without resolution massive tax rates are to kick in shortly.

"Some of our people think if we just dig in and hold strong we can stop it. That's just not the case. It happens automatically. You have to do something," said Republican Representative Tom Cole on CNN's "State of the Union."
REUTERS

Dems insist

President Barack Obama and fellow Democrats are insisting that the tax break expire for families with incomes above $250,000 and remain in place for other taxpayers. They are wagering that if all the tax cuts expire, the public will blame Republicans for raising taxes on the middle class.

IMF chief calls for balanced approach to US fiscal woes

The United States needs a balanced, comprehensive approach to tackle its fiscal woes that should include a mix of spending cuts and revenue increases, the head of the International Monetary Fund said yesterday.

"My view, personally, is that the best way to go forward is to have a balanced approach that takes into account both increasing the revenue, which means, you know, either raising taxes or creating new sources of revenue, and cutting spending," IMF Managing Director Christine Lagarde said in an interview on CNN.
REUTERS

$500B

In tax increases along with $100 billion in automatic spending cuts that comprise the year-end "fiscal cliff." Economists and policymakers warn it could drive the U.S. economy into recession.

In the news

GETTY IMAGES

▶ Anti-Mursi banner

Mursi's concession fails to placate opposition

CAIRO. Egypt's main opposition coalition rejected yesterday Islamist President Mohamed Mursi's plan for a constitutional referendum this week, saying it risked dragging the country into "violent confrontation."

Mursi's decision on Saturday to retract a decree awarding himself wide powers failed to placate opponents who accused him of plunging Egypt deeper into crisis by refusing to postpone the vote on a constitution shaped by Islamists. REUTERS

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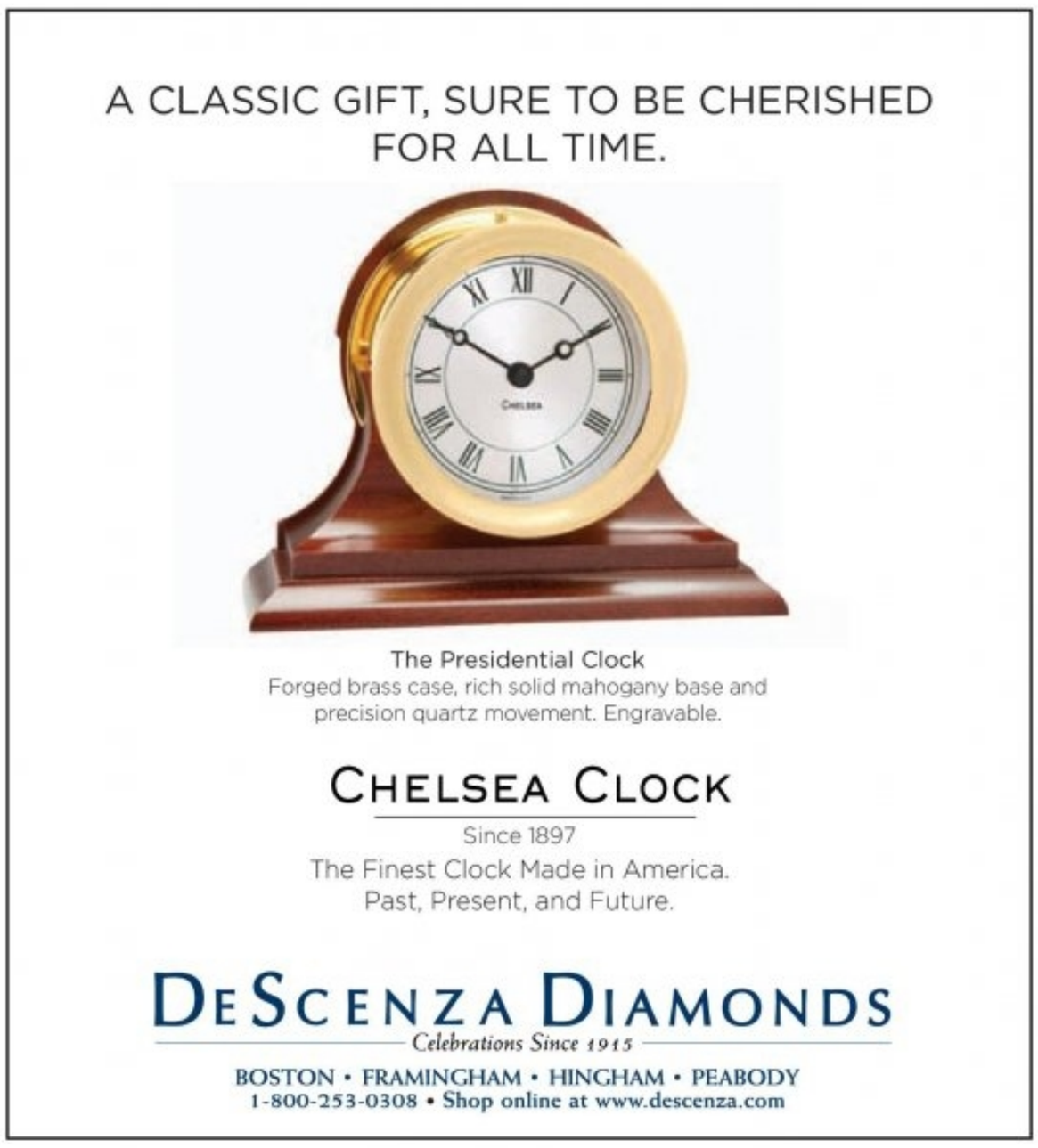
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EU's prize protested; Sandusky doesn't like jail

EU not noble enough for Nobel?

▶ A protester carrying a lit torch raises his arms.

CORNELIUS POPPE/AFP/GETTY IMAGES

Protesters: EU doesn't deserve Nobel Prize

Around 1,000 members of left-wing and human-rights groups marched in Oslo yesterday to protest the award of the Nobel Peace Prize to the European Union.

About 50 organizations held the torch-lit march on the eve of the award, arguing that the EU is undemocratic and maintains a large military even as its people suffer an economic downturn.

"Alfred Nobel said that the prize should be given to those who worked for disarmament," Elsa-Britt Enger, 70, a representative of Grandmothers for Peace, said. "The EU doesn't do that. It is one of the biggest weapons producers in the world."

Past prize winners Desmond Tutu, Adolfo Perez Esquivel and Mairead Maguire have also said the EU does not deserve the award. Norway's Socialist Left party, part of Prime Minister Jens Stoltenberg's government, joined the march. **REUTERS**

Marriage bells in West

Same-sex couples wed in Washington

Hundreds of well-wishers braved a damp and chilly Seattle morning to celebrate the first of 140 weddings at City Hall yesterday, marking the first day that same-sex couples can marry in Washington state.

Washington, Maine and Maryland last month became the first U.S. states to extend marriage rights to same-sex couples by a popular vote. "It means that I can use the word 'husband' without question or explaining," said Corianton Hale, a 34-year-old graphic designer, who was one of the first to tie the knot at City Hall. He married freelance copywriter Keith Bacon, 44. **REUTERS**

Safe and secure

Sandusky under tight jail conditions

Imprisoned serial child sex offender Jerry Sandusky lives under tight restrictions for his own safety, a corrections official said, after the former coach asked for more prison privileges. "He is being housed in the appropriate facility in order to assure his safety," said Susan McNaughton, press secretary for the Pennsylvania state Department of Corrections.

Sandusky's attorney said he is treated like extremely violent offenders. **REUTERS**

Taliban thwarted

Raid rescues US citizen kidnapped by Taliban

A U.S. citizen who was abducted by Taliban insurgents was rescued by U.S. forces in an operation in eastern Afghanistan early yesterday, NATO-led forces said in a statement. The statement said the American, identified as Dr. Dilip Joseph, had been abducted on Wednesday in the Sarobi district of Kabul province. It gave few other details. U.S. Gen. John Allen said he ordered the mission when intelligence showed that Joseph was "in imminent danger of injury or death." **REUTERS**

Chavez II

Ailing Chavez names successor

Venezuelan President Hugo Chavez, preparing to travel to Cuba for further cancer surgery, yesterday named Vice President Nicolas Maduro to carry out his legacy if he is unable to remain in office. Chavez, who spoke in a national television and radio address, said he requires more surgery after malignant cells were detected in the same area as his previous cancer during health exams held over the past month in Cuba. The National Assembly yesterday approved his request to be absent from the country for more than five days as he travels to the Caribbean island. **BLOOMBERG**

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Ivy League cracks down on students

GETTY IMAGES

▶ Future classes of Harvard students will abide by new disciplinary codes.

Harvard and Cornell universities have joined Yale University and Dartmouth College in cracking down on such out-of-control behaviors as drinking, hazing and sexual harassment, which endanger students and tarnish Ivy League reputations.

Harvard faculty voted last month to require registration of parties and ban drinking games, and Cornell ordered fraternities to have live-in advisers. This fall, Dartmouth began security checks at Greek houses and Princeton University banned freshmen from joining them.

The moves are the latest effort to regulate campus behavior since rules controlling students were abolished in the 1960s. Disobedience crested last year for Ivy League schools. A Dartmouth hazing article detailed rituals involving bodily fluids. A Cornell student died of alcohol poisoning, and Yale was hit with a discrimination complaint after fraternity members chanted what seemed like a pro-rape slogan. "Colleges have been in an arms race to prove to students that they're cool and give more freedom than the others," says Lisa Wade, head of the sociology department at Occidental College in Los Angeles. "Now, maybe the pendulum is starting to swing the other way." **BLOOMBERG**

Top schools not immune

Yale, Harvard and Dartmouth are among the worst offenders:

- An undergraduate house at Harvard is under fire for an annual hookup party its residents call Incest Fest. The event is so named because only house members are allowed to attend. Two university clubs have also staged pranks ridiculing homeless people in Harvard Square, according to the Crimson, the student newspaper.
- At Yale, one of eight private schools in the U.S. Northeast that make up the Ivy League, eight students drank so much at September's Safety Dance — an annual 1980s-themed party — they had to be hospitalized. That prompted the school to ban the event.
- Dartmouth was rocked by a hazing scandal in January when then-senior Andrew Lohse wrote in the school newspaper about eating omelets made from vomit and other degrading rituals at Sigma Alpha Epsilon.

Quoted

"Colleges are a microcosm of American society."

LISA WADE, HEAD OF THE SOCIOLOGY DEPARTMENT AT OCCIDENTAL COLLEGE

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THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

– Dorothy Robinson will return tomorrow.

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@kirstiealley
So I'm a b---- today.. what's wrong with being a b----?? It's not like I've stabbed anyone in their Moneymaker.....yet

@JimGaffigan
"What the hell does this bastard want?" — Me whenever I receive any email

@SteveCarell
I'm thinking of starting a roadside assistance service for the desert. I will call it "Camel Tow."

@robdelaney
Just saw the biggest cabbage I've ever seen. Please imagine a very large cabbage & share this moment with me.

@mindykaling
I'm not socially awkward, I just have no interests so I'm unbearable to make conversation with.

Jim Gaffigan

Style. Compromised

▶ Unleash yourself, young lady,

PAUL A. HEBERT/GETTY IMAGES

Take a walk with us, Ms. Cyrus

When you're as rich, famous and pretty as Miley Cyrus, sometimes people are afraid to call you out. So Miley, take it from us: You looked like a mosaic of illegal nightmares on Saturday night.

Lohan gets into the holiday spirit

DOUG SONDERS FOR Z100

▶ The power of Christmas compels her.

Lindsay Lohan, bless her crazy little heart, is getting into the holiday spirit and playing Gossip Santa. Let's review her weekend, shall we?

On Friday, Linds was all smiles in the front row at New York City's Jingle Ball concert during The Wanted's performance. She's rumored to be dating a member of the boy band, **Max George**, who more or less confirmed some aspect of some relationship: "We can stay out of trouble and keep her out of trouble," he tells PerezHilton.com. "She can party just as hard as us. She's a great girl."

All "great girl" comments aside, we've endorsed fiber breakfast bars more enthusiastically than that. And it seems like Lohan might be less happy than she's letting on for the cameras — from what Metro heard at the Jingle Ball, she was allegedly seen crying in a bathroom backstage. (Then again, who doesn't have a good bathroom cry at holiday parties?)

Not to pile it on, but yesterday TMZ reported that Lohan's finances are in such bad shape that she's struggling to pay the rent on her $8,000-per-month Beverly Hills mansion. Ever since the IRS seized her bank accounts, she's reportedly been hitting up friends for money.

Santa Lohan, at the risk of being greedy, we'd like to submit our Christmas list: One **Aniston** pregnancy announcement, one **Jolie** spite pregnancy announcement, two **John Stamos** rom-coms and the Easy-Bake Ultimate Oven. Thanks, girl!

Talking points

'Jumanji' is on the loose again

Children of the '90s, prepare to get more excited than is acceptable when reading a gossip page: "Jumanji" — the **Robin Williams** classic in which a jungle board game comes to life — is getting a reboot. **Zach Helm** has signed on to write the remake, which will receive "an update for the present," according to the Hollywood Reporter. We fear this means the kids get iPhones and anxiety complexes. But for now, let's assume it means wild corgis in designer safari hats.

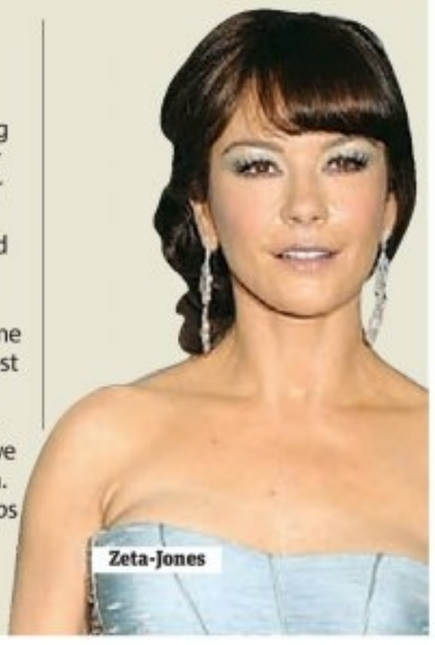
Fox

Megan Fox on family matters

Megan Fox and husband **Brian Austin Green** are thrilled about the arrival of their 2-month-old son, **Noah**, but not everyone in the household is so enthusiastic. "Kash is a little indifferent," Fox tells the Daily Mirror about her 10-year-old stepson, **Kassius**. "He's not experiencing any sort of jealousy, but he's not excited because he just wants to go play video games."

Don't call her a poster child

Catherine Zeta-Jones is starting to regret opening up about her 2011 hospitalization for bipolar disorder. "I'm sick of talking about it because I never wanted to be the poster child for this," she says in an interview with Good Morning America. "It came out, and I dealt with it in the best way I could, and that was just saying, 'Hey, I'm bipolar.' Everyone has things going on, and we deal with them the best we can. We can't jump from the rooftops shouting, 'I have this, look at me: victim.' No, we all have issues in life."



Zeta-Jones

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Stars shine at Jingle Ball

Metro caught up with celebs backstage at Z100's Jingle Ball Friday night at Madison Square Garden:

1: We always see **Jason Mraz** in a hat, so we had to ask — how many does he own? "I think in my lifetime I've had several hundred, but I tend to pass them on," he told us. "I usually wear them [until they're] a little frayed, a little sweaty, a little smelly."

2: Olympic gold medal gymnast **Jordyn Wieber** told us her new Olympic rings wrist tattoo "hurt really bad but was so worth it."

3: The boys from **One Direction** said they haven't been to the city's new One Direction fan store just yet.

4: Ne-Yo said he wants to plant a kiss on **Nicki Minaj** this New Year's Eve.

5: Cher Lloyd's strangest gift? "I used to get a lot of socks," the singer said.

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Rapper talks 'Vicious Lies and Dangerous Rumors' and the lies and rumors about Outkast 'There's never been a problem with me and my partner,' he says

ANDREW ZAEH

BIG BOI AND 'THE BEST, FRESHEST GROOVES'

▶ "Vicious Lies and Dangerous Rumors" is out on Tuesday.

"Vicious Lies and Dangerous Rumors," the second standalone solo album from Big Boi, may raise a few questions about a certain Southern musician. No, we're not talking about his erstwhile OutKast collaborator Andre 3000, but Tom Petty. The first lines of a track with the title spelled out "Thom Pettie" feature an impossibly deep voice chanting, "Thom Pettie that hoe/Free Falling, we out all night." We had to get to the bottom of the meaning before any real vicious lies or dangerous rumors spread.

What does it mean to Tom Petty?

If you're going out for the wild night and you never know where the night is going to take you, we call it free falling. That's called Tom Pettying! If you Tom Petty for the night, you don't know where you're going to end up at in the morning.

Is this maybe something you're doing to create a dialogue with him? Would you ever collaborate with him?

Hell yeah! If it was time to do it, then yeah. I'll work with anybody as long as it's fun.

Who else are you trying to work with?

I really just want to work with Kate Bush. That's the only person that I haven't worked with that I want to work with.

How did the collaboration with the bands Phantogram and Little Dragon work? Did either of you come into the studio with ideas you wanted to use?

Not really. It really all starts with the music. We started recording and it was like an experimental process. We started with sound, from scratch, and let the song just build from there.

I was looking at the liner notes, and there is so much going on within these tracks. I was surprised to see that there's only one sample on the whole album.

Yeah, everything's all original. We don't really use samples like that, unless it's something that we blatantly use or it's something we really want to rhyme over. We keep it all original music, because those are the best, freshest grooves. You can't find a new groove using an old song.

This album is lyrically heavier than we're used to hearing from you. There's quite a bit of introspection in a song like "She Hates Me" — and then in the song "Tremendous Damage," you're dealing a lot with the loss of your dad, who was a Vietnam vet.

I guess it just comes with age and maturity. And you've just got to be honest in the music, so people can feel what you're coming through. As far as the songs about my dad, I'm still in a period of mourning and it's therapy for me to write songs like that. To give that type of insight and to really let the listener into your soul, and into your mind like that, you have to make yourself vulnerable. "Tremendous Damage" is [about] something when you take a hit like that in life, whether it be in a relationship or losing a loved one, it's something that's so traumatic, people sometimes don't come back from it, from a point of mourning to come back to a regular sane mind and I've been battling through it, and through the man upstairs, I've made it through.

PAT HEALY
pat.healy@metro.us

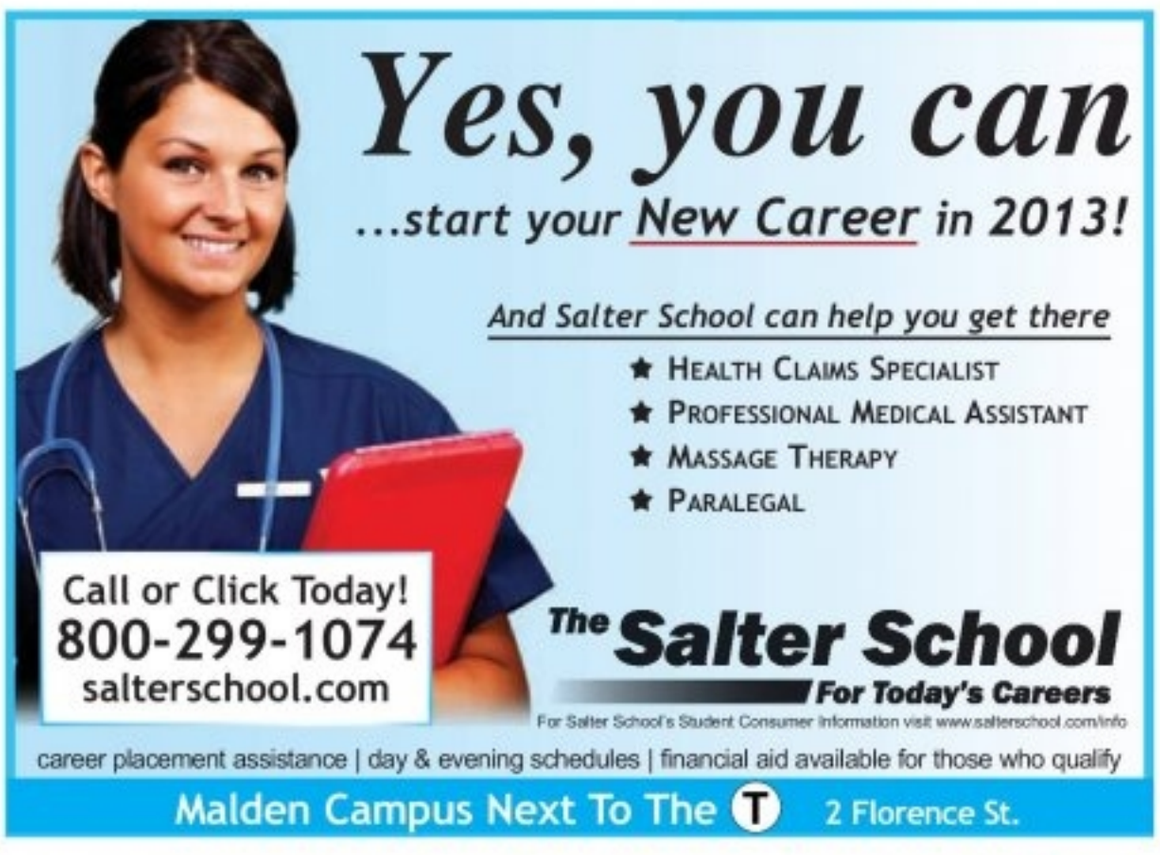
Q&A

What is the most vicious lie or dangerous rumor that you've heard about yourself?

I guess the main thing is the division of OutKast. It's a vicious lie and a dangerous rumor, and people have been saying it for years, and there's never been a problem with me and my partner.

It's hard to believe that "Speakerboxxx/The Love Below" came out 10 years ago. Does it feel like 10 years?

Not at all.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myentertainment

Getting into the swing of 'Memphis'

Boston Conservatory grad Derek St. Pierre speaks on his varied roles in the Broadway production

Derek St. Pierre knows how to multitask. On any given night, he may play characters ranging in age from 15 to 50.

"It ranges from teenagers listening to the radio, to TV studio executives, to a typical Memphian store owner," says the performer.

In theater productions, an ensemble member darts on and off the stage, playing multiple background characters during a show. As a "swing," St. Pierre understudies for five of those ensemble members.

That's a lot of dancing, speaking lines and stage direction to master.

"Your brain has to compartmentalize all the different tracks that you're doing so you can think about one person at a time," St. Pierre explains. "When you wrap your head around it, you feel like you've accomplished something."

"Memphis" is about a white radio DJ who falls in love with a black singer during the racially contentious 1950s. Bon Jovi keyboardist David Bryan wrote the music.

▶ The cast of "Memphis" rock out to the tunes of Bon Jovi keyboard player David Bryan.

PAUL KOLNIK

▶ St. Pierre

"It's contemporary pop rock, with the flavors of the blues and R&B of the time," says St. Pierre.

This isn't the performer's first go at a rock ' n' roll musical. Before this, he had a role in "Rock of Ages" on Broadway.

"I love this music, but I never thought that this would be a trend for my career. It was not my strength in school at all," he says. "Now I'm singing David Bryan's music every night."

If you go

'Memphis'
Tomorrow through Dec. 23
Colonial Theatre
106 Boylston St., Boston
$46-$153, 866-523-7469
www.broadwayinboston.com

NORA DUNNE
nora.dunne@metro.us

Success story? Luck story!

Performing in Boston is especially exciting for St. Pierre: He graduated from the Boston Conservatory in 2010. He actually landed his first Broadway role before graduation, but doesn't consider himself one of the school's success stories ... yet.

"I would say I'm a luck story," he says with a laugh. "I guess we'll see if I'm a success story after the next 10 years."

TV watch list

CHRIS LARGE/NBC

'Michael Buble: Home for the Holidays'

SPECIAL. What are the holidays without the Buble? Canadian crooner Michael Buble invites some of his famous friends to help celebrate the holiday season. Included on the Christmas guest list: Rod Stewart, Blake Shelton and Carly Rae Jepsen. **10 p.m., NBC**

'Syfy's 20th Anniversary Special'

SPECIAL. The network celebrates the science fiction/fantasy programming — not to mention those cheesy Saturday-night movies — it has aired over the last two decades. **9 p.m., Syfy**

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When your holidays aren't merry and bright

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KIM SCHNEIDERMAN, MSW, LCSW
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The holidays are a busy time for therapists. People who are lonely, unemployed, divorcing, grieving and otherwise struggling often feel guilty that they can't take on a "'tis the season to be jolly" attitude.

Nobody puts pictures of frowning families on their Christmas cards. But it doesn't mean that people aren't struggling. Children of newly divorced families often feel the separation more profoundly as they are shuffled between parents, while the parents themselves may feel sad and lonely when their children are with the former spouse.

Similarly, the holidays can accentuate the grief of anyone who has recently lost a loved one with whom they have celebrated in the past. Some people would rather be alone or with friends than gather with difficult and/or abusive relatives. And of course, the unemployed and underemployed feel the strain in a whole different way.

For those who find these words ring truer than jingle bells, here are few things you can do to beat the holiday blues:

- **Know you're not alone.** Many people are in the same boat; they're just not posting it all over Facebook.
- **Refrain from judging your feelings.** Telling yourself that you "should" feel happy when you don't will only make you feel worse. Observe your feelings with equanimity and remember that feelings aren't facts and that they usually pass.
- **Volunteer.** Working in a soup kitchen, delivering meals to homebound elderly and engaging in other forms of service will probably make you feel good and put life in perspective.
- **Spend time** with caring friends who lift your spirits.
- **Remember that things can change.** Just because the holidays are challenging this year doesn't mean they will always be this way.
- **Count your blessings.** We all have something for which to be grateful — our health, a job, a friend, food in the fridge, a roof over our heads — if we look hard enough.
- **Embrace the spiritual and humanitarian** aspects of the holidays that often get lost in the commercialism.
- **Consult a pscyhotherapist** if you've been feeling down for awhile.

And for all those fortunate souls who can honestly sing, "It's the most wonderful time of the year," consider whether there is another spot at your table, gift under your tree or spare potato latke for someone you know who may need a little holiday cheer.

— Kim Schneiderman, MSW, LCSW, is a psychotherapist and former journalist with a private practice in New York City. This column is not intended to be used as a substitute for a private consultation with a mental health professional, nor is this therapist to be held liable for any actions taken as a result of this column. If you have any concerns related to the content of this column, please make an appointment with a licensed mental health professional. E-mail Kim your questions at askkim@metro.us.

The question

STOCKBYTE

For a number of personal reasons, I'm feeling like a total Grinch about the holidays. I feel bad because I know I'm supposed to feel happy. Any suggestions?

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Holiday gifts
for those on your work list

As if you didn't have enough to do over the next couple of weeks, there's the tricky business of gift-giving among co-workers

How to handle the holidays at work

Come holiday time, many people feel compelled to buy gifts for their bosses and each of their co-workers.

It can become overwhelming, but there are solutions out there for gift-givers on any budget.

Check it twice: Who should go on the office list?

If knowing what to buy isn't difficult enough, try figuring out who to buy for.

Most of the time, only your direct supervisor, boss (the head of the office) and closest colleagues should appear on your gift list, but it depends on the atmosphere.

If you work in a warehouse and only ever talk to your boss, supervisor and a few colleagues, it shouldn't be difficult to give each of these colleagues a small gift without slighting anyone else.

If you work in a small office, however, where everyone sees and hears all that goes on, it can become tricky. Try to find out what other colleagues are doing, or suggest organizing a "Secret Santa" exchange so that everyone in the office only has to buy one gift.

If you're responsible for working closely with clients, send them a holiday card with your signature and a few kind words.

Cure-all gifts

WAVEBREAK MEDIA

▶ You don't have to stockpile gifts for everyone in the office.

If you find yourself facing the conclusion that you simply must purchase gifts for everyone you work with, do not fret. There are a few cure-all gifts that cost very little, are easy to come by and are guaranteed to put a smile on your co-workers' faces.

One option is to write a personal note to everyone in your office and attach a festive treat or two to every card. Hand-written notes say, "I care and I spent time on you." This means even more than spending money on someone — we all recognize generic gifts from a mile away.

If the thought of writing dozens of hand-written notes frightens you, set aside some time one evening to bake some cupcakes, cookies or other homemade treats (don't forget to keep allergies in mind). Decorate each treat with festive icing or sprinkles and you can't go wrong.

Your co-workers will appreciate you even more as they crowd around the treats to laugh, lick icing off their fingers and bond over the holiday season — all thanks to you!

MARISA BARATTA FOR TalentEgg hatching graduate careers

Talentegg.com is a job board and online career resource for college students and recent graduates.

What to give?

Stay away from risky gifts that rely on a particular sense of humor or make assumptions about someone's religious beliefs. Generic gifts, such as wine or chocolate, are a reliable standby, but this is a great time to stand out from the crowd and put more thought into it.

Does she love to read and he love to cook? A new novel or cookbook can make a great gift. A donation to a charity in the person's name is also in tune with the values of the season.

If you don't know your boss's interests, you can also offer a gift certificate to his or her favorite coffee or lunch place. Find out if there is a company policy placing caps on holiday gifts to avoid giving too much.

Advice

How to survive the company holiday party

The office party is a notorious minefield of drunk co-workers and gossipy conversations. Here's how to have fun and look good the next day.

Plan to participate

First off, unless you have a prior commitment, there's no reason not to attend. It's important to participate in these kinds of activities outside of work.

If you haven't already been asked, talk to your manager or boss about volunteering to help organize the party. You'll work on a rare project that probably has nothing to do with your normal job and get the chance to show off skills that may normally be ignored, such as budgeting, organizing and being creative. At the very least, you'll score some brownie points for lessening their workload at a stressful time of the year.

Feel free to drink — in moderation

See what everyone else is doing. If there are drinks available, drink! If you're worried about drinking too much too fast, make a point of eating before and during the party, and sip a glass of water between every alcoholic drink. And even if he or she offers, it's probably not a good idea to do keg stands with your boss.

Don't vent

Talk about work if it comes up, but don't use the casual setting as an opportunity to chat about the raise you've been wanting or to take charge of a project that's up for grabs. Most people don't want to hold a business meeting during a party.

Listen for information you can use tomorrow

Your co-workers and managers are bound to be more relaxed at the party than they are on the job. Take the opportunity to learn a bit more about them, whether it's personal information such as the name of their dog, or more relevant career information. On the flip side, don't be afraid to disclose a bit of information about yourself. Once your co-workers and superiors know what you're interested in, they're likely to offer some tailored career advice and even keep you in mind for opportunities.

CASSANDRA JOWETT FOR TalentEgg hatching graduate careers

Talentegg.com is a job board and online career resource for college students and recent graduates.

▶ Have fun at your company's holiday party — but not too much fun.

WAVEBREAK MEDIA

New study

Top jobs for 2013

Just in time for the new year, CareerBuilder and Economic Modeling Specialists (EMSI) released their study on the best jobs for 2013 that require bachelor's degrees. The study evaluated national and state employment resources, self-employed workers and job growth. These jobs topped the list of post-recession careers with opportunity for growth:

GETTY IMAGES

▶ Get this for a top job.

1 Software developers (applications and systems software)
- 70,872 jobs added since 2010
- 7-percent growth

2 Accountants and auditors
- 37,123 jobs added since 2010
- 3-percent growth

3 Market research analysts and marketing specialists
- 31,335 jobs added since 2010
- 10-percent growth

4 Computer systems analysts
- 26,937 jobs added since 2010
- 5-percent growth

5 Human resources, training and labor relations specialists
- 22,773 jobs added since 2010
- 5-percent growth

'Happy holidays' vs. 'merry Christmas'

- **When it comes to religion,** it's probably best to avoid the topic altogether, but it's fine to share stories about your holiday traditions and learn about the traditions of others. As long as you're nonjudgmental about what your co-workers celebrate (or what they don't celebrate), you can probably learn a lot about one another and become closer with people who have experiences different than your own.
- **Also, there are numerous culturally and religiously significant holidays throughout December,** and many non-Christians still celebrate some of the more secular aspects of the holiday season, such as giving gifts or cards, so don't exclude them just because you're not sure if or how they celebrate.

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Jobs of the Week
Week of 12/10

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Executive Assistant - OfficeTeam of Boston is working with a Healthcare client in search of an Executive Assistant. The Executive Assistant will be under the general supervision of the Chief and four different departments. Responsibilities include heavy calendar management, maintenance of on call schedules, ordering department supplies as well as assisting in special projects. Executive Assistants must be proficient in MS Office, have prior Healthcare experience and be able to in a high pressure environment. $16-20/hour.

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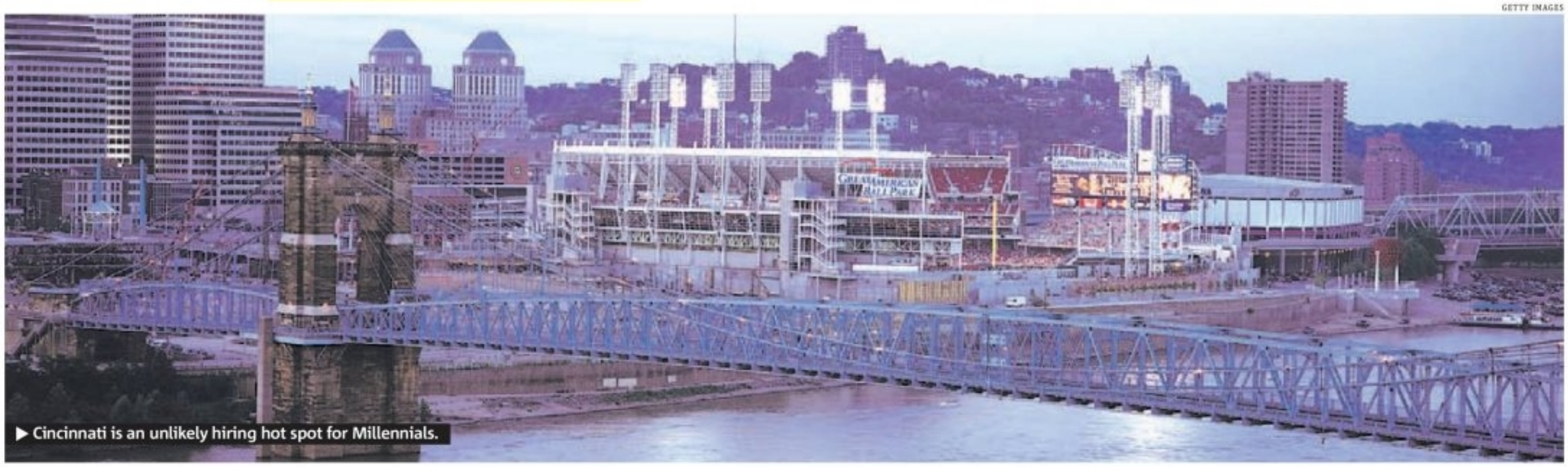


▶ Cincinnati is an unlikely hiring hot spot for Millennials.

4 Hiring lessons from the best cities for Millennials

Some areas are realizing the value of adding young workers to their businesses and communities Use their techniques to help your company find the best talent around

The Millennial workforce is the future. Some of the biggest companies today were founded by Millennials looking to innovate. Just look at social media giant, Facebook. Your company might not be located in a dorm room, but this doesn't mean a great Millennial candidate wouldn't be a welcome addition to your team.

A recent survey by Best Colleges Online looked at cities clued in to the importance of young workers. There's plenty your company can learn from these cities to attract the best and brightest.

Offer great amenities

Niagara Falls knows the best way to get great young talent into the area is to offer great amenities. Most young workers still are paying off sizable student loans. Seeing this was a major issue with young workers, Niagara Falls is offering to pay off student-loan debt for graduates who will move to certain areas. The hope is that these Millennials will help revitalize these areas.

Develop an exciting culture

Why is NYC a great place for Millennials? Because it's filled with excitement, culture and opportunities.

Develop a fun culture for your company and young workers will follow. Use social media channels, branded Web pages and recruitment materials to tell the narrative. Why is this a great place to work?

Take a drop of wisdom from the Falls, and offer attractive benefits that Millennials won't be able to turn down.

Reach out personally

Young workers like to know they're not just a cog in a machine. That's probably why Pittsburgh Mayor Luke Ravenstahl took a more personal approach to attracting Millennial candidates. The mayor sent e-mails out to college students, urging them to stay and work in the area.

Sometimes the personal touch is all you need to attract great candidates and show them your company cares. Make your application process more personal, so candidates don't feel like they're nothing more than a résumé in an applicant tracking system.

Listen to feedback

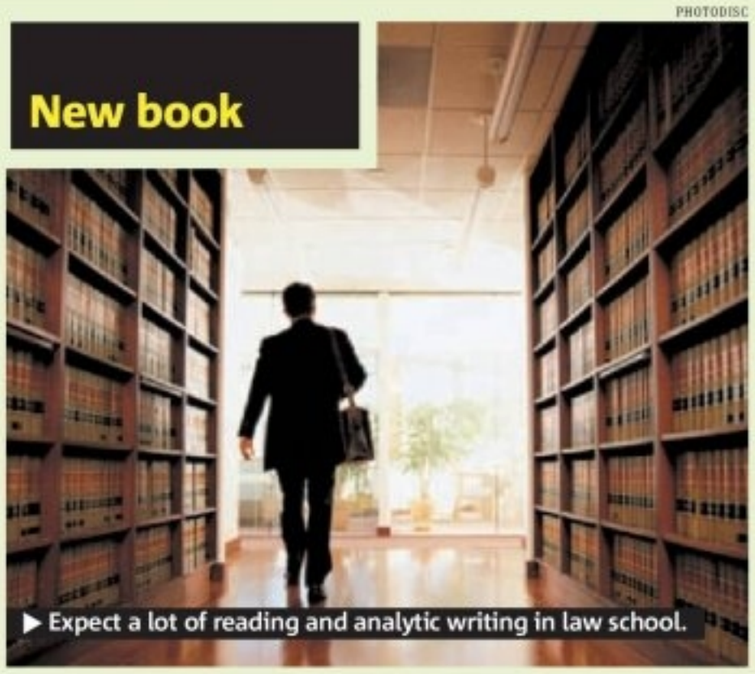
Cincinnati has implemented a campaign asking residents to weigh in on what makes the city great — and what needs improvement. To appeal to young workers, the city realizes it needs to listen to them.

Look to your candidates as beta testers for your company's culture. Discover what applicants find attractive about your company. Why are they applying, and why are they passionate about your organization? Knowing why workers of all ages want to work for your company will help you play up your best features to attract more candidates.

JOSH TOLAN FOR Mashable The Social Media Guide

PHOTODISC

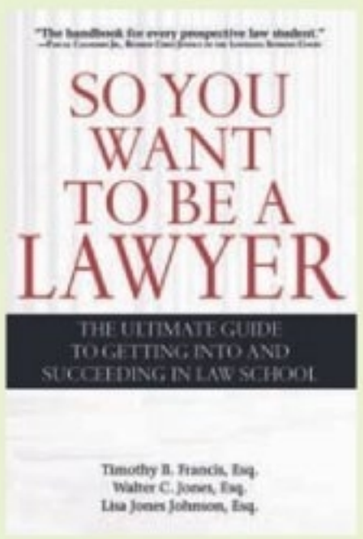
New book



▶ Expect a lot of reading and analytic writing in law school.

The lowdown on law school

In addition to graduating from Harvard Law and practicing in New York City, Lisa Jones Johnson has found time to become a published mystery novelist and screenwriter. She recently co-authored "So You Want to Be a Lawyer: The Ultimate Guide to Getting Into and Succeeding in Law School," and is hoping her narrative chops will set this how-to career book apart from the rest.


"The handbook for every prospective law student."
SO YOU WANT TO BE A LAWYER
THE ULTIMATE GUIDE TO GETTING INTO AND SUCCEEDING IN LAW SCHOOL
Timothy B. Francis, Esq.
Walter C. Jones, Esq.
Lisa Jones Johnson, Esq.

What surprised you about law school?

The level of reading and very specific analytic writing felt very daunting at first. We try to prepare people for that in the book. Everybody in college has written papers. This is a whole other level of analytical writing.

What's the most common misconception people have about law school?

That law school is like practicing law. Law school is very academic. You read and write a lot. You go back and forth with professors and colleagues about big concepts and ideas. Practicing law is very different. It's very detailed. Most junior lawyers are thrown right into drafting contracts. I think schools need to add some practical contract drafting courses. You need to know the theory behind it, but you need to know the building blocks of drafting as well.

How should you go about choosing a law school?

For me, No. 1 is the prestige factor — the alumni network. Your first jobs are likely going to come from those contacts. If you have the grades and if you're fortunate enough to get in, you want to go to a top-tier school. If you can't get into that kind of school, the question you need to ask becomes very simple: Can I actually get a job after I finish? There are a lot of accredited schools out there that don't really place their graduates. Do they have a placement office? Do they have relationships with law firms or government agencies? Will they actively make sure that I get a job? BRUCE WALSH

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Letters

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Happy holidays! We're all insane

RE: "PAGING GLORIA STEINEM?" (METRO, DEC. 3) The millionaire matchmaker thinks men are getting weaker; is that in relation to the growing strength of women who are becoming more equal? If so, her idea implies men should keep getting stronger to make sure women are never equal — which is not rational. Why would anyone care what she thinks anyway? Her job is to match attractive women with rich guys; how many years does it take to get a doctorate in her field? The back-and-forth on this is silly because everyone is a person, and everyone is flipping crazy. Men want pure, caring, homemaking, dirty girls and women seem to want caring, funny, alpha jerks. No matter what plumbing you have you are insane, and trying to find out which gender is more insane is even more insane. It's the holiday season: How about we debate how to feed all the hungry instead?
DOUGLAS BROWN II, VIA E-MAIL

The best things tax returns can buy

When the richest Americans have a family emergency, they can jump on a plane or their own private jet, write a check if needed and be there immediately, without wondering what kind of hole this will create in their budget. My family is far: my aging parents in France, my children working in far away places. So for me the "fiscal cliff" means $2,000 lost, two trips to be with my 85-year-old dad, money saved to be with my children if they need me. I am not jealous, I just love my parents and my children as much as rich folks do.
CHRISTIANE GEISLER, VIA E-MAIL

EU needs to get its priorities straight

The Middle East is in great turmoil. Iran is continuing its development of nuclear weapons and intercontinental missiles to deliver them. Forty thousand people have been killed in Syria, heavy fighting continues there, and the threat of poison gas, a weapon of mass destruction is very real. Egypt is on the verge of a civil war. Terrorists are running amuck in Iraq, Jordan, Yemen and Lebanon. With all this going on, what worries the European Union is proposed construction new housing on vacant land in eastern Jerusalem. Israel's right to Jerusalem is no lesser than the right of the British to London or that of the French to Paris, and the Jews have lived in Israel for thousands of years before either London or Paris were built.
ARTHUR HORN, VIA E-MAIL

Politics never solved anything

If we truly want to solve our financial and personal problems as a nation, we must work together and stop the blame game. Really, both parties in power right now are being stubborn and sticking to the party agenda, unable/unwilling to work together. Is our party truly more important than our need to resolve our issues? Lets be adults not stubborn children and move on, not the if only's game — we all want a better for ourselves and families.
RIC HOPKINS, VIA E-MAIL

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♐ Sagittarius **Nov. 23-Dec. 21.** You could be far more fortunate than usual in things of a financial nature. Chance could play an important role in putting you in the right spot at the right time.

♑ Capricorn **Dec. 22-Jan. 19**. There is nothing wishy-washy about you. You'll have no trouble backing up your words with action whenever a situation calls for it.

♒ Aquarius **Jan. 20-Feb. 19.** More than one goal you set will be achievable. On top of that, the zest and relish with which you pursue your objectives will bring you a great deal of enjoyment and satisfaction.

♓ Pisces **Feb. 20-March 20.** With your current gift of gab, which is both logical and imaginative, you'll be extremely compelling when persuading others to go along with your ideas or methods. Don't let your followers down.

♈ Aries **March 21-April 19.** Even though you might end up spending more time working on someone else's endeavor than you will your own, you nonetheless stand to gain much.

♉ Taurus **April 20-May 20.** A competitive endeavor involving a team effort will arouse your will to win. You could end up being the crucial component that leads to victory.

♊ Gemini **May 21-June 20.** You should be able to find a second, ultimately lucrative, source of earnings if you put your mind to doing so. Start looking now.

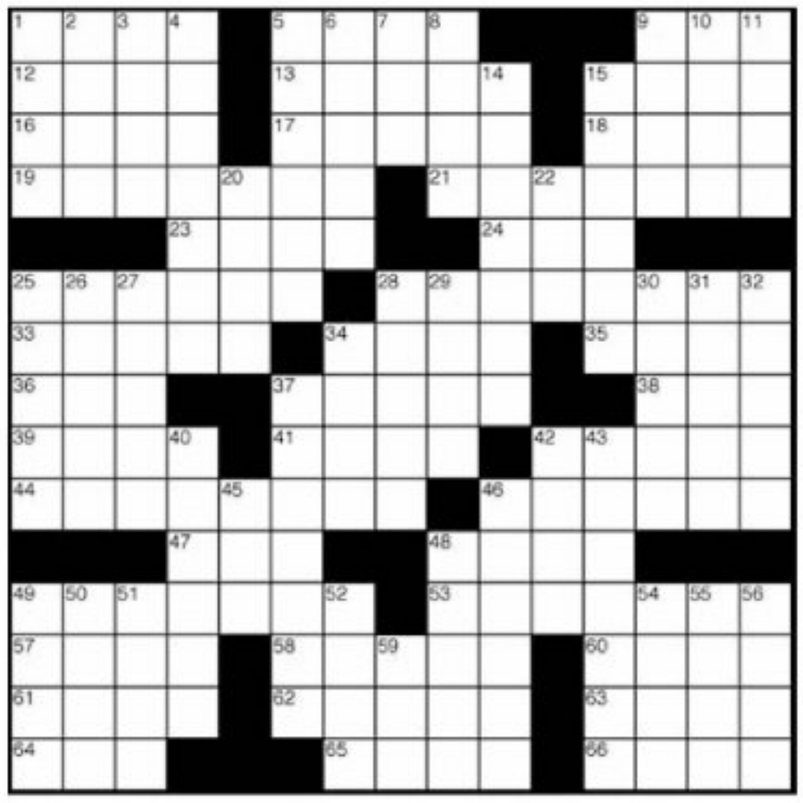
♋ Cancer **June 21-July 22.** If you focus your efforts and energies on a definite goal, be it social or commercial, the results should be most gratifying. Your example will inspire imitators.

♌ Leo **July 23-Aug. 22.** Concerns for the needs of loved ones will motivate you to be much more enterprising than usual. You'll want to be able to give them what they aren't able to acquire on their own.

♍ Virgo **Aug. 23-Sept. 22.** It's one of those days when you might need a variety of activities to satisfy your restless spirit. Regardless of how much you take on, you'll do it well.

♎ Libra **Sept. 23-Oct. 23.** Involvements that have the potential for turning a profit should be acted upon as promptly as possible. You aren't likely to make much money hemming and hawing.

♏ Scorpio **Oct. 24-Nov. 22.** Whether or not you achieve success will be predicated upon your ability to stay focused on your objective. Once you have a clear target, keep your mind focused on only it.
BERNICE BEDE OSOL



Across
1 Gentle person
5 Swing a scythe
9 Just a handful
12 Bassoon cousin
13 Mount gemstones
15 Golfer's shout
16 Soprano — Gluck
17 Full of pebbles
18 Big trucks
19 Having more content
21 Most uncanny
23 Auction site
24 Cooler
25 Prado location
28 Cheated on (hyph.)
33 Vast chasm
34 Q-Tip
35 Cartoon chipmunk
36 Author Anais —
37 Flags down
38 Take into custody
39 Ovid works
41 Sty noise
42 Iota preceder
44 Favor
46 Rental agent
47 Engineer's place
48 Gossip
49 "— We Roll Along" (Broadway musical)
53 Roof fringe
57 Memorable tennis champ
58 It has a crust
60 Grass-skirt dance
61 Tight as a drum
62 Cure salmon
63 Ambler or Clapton
64 Run smoothly
65 Certain trumpeter
66 Salad bowl wood

Down
1 Fertile soil
2 Up to the task
3 NYC art gallery
4 Game drivers
5 Verify a recipe
6 Atlanta university
7 Alphabet trio
8 Small Chinese dog, informally
9 Pate de — gras
10 Joule fractions
11 Frontier, once
14 Salon requests (2 wds.)
15 Like Siberia much of the time
20 Nile wader
22 Dull routine
25 Landed estate
26 Stand for
27 Units of force
28 Packaging cord
29 Hoof it
30 Currycomb targets
31 Buoy up
32 Preclude
34 Lift anchor
37 Limps
40 Confidential
42 — Garr of "Tootsie"
43 Sharp tool
45 — tai (rum drink)
46 Boulder growth
48 Sportscaster Mike —
49 Calculus or trig
50 Genesis hunter
51 Baba au —
52 Root crop
54 Entice
55 Essay byline
56 Drop the QB for a loss
59 Garden planting

9			3	2		1		
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	3		9		4		8	
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3	4							5
		9			1			
		2		6	5			4

SUDOKU **LEVEL: EASY**

		3	7		1		9	
1	9	6						
						1		6
9			2	8			1	
	7		1		6		5	
	2			7	3			9
4		2						
						7	2	4
	1		8		2	3		

SUDOKU **LEVEL: HARD**

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Solution to weekend's crossword

P	I	E	S	■	S	T	O	O	P	■	O	G	R	E
E	R	S	T	■	T	O	O	L	S	■	F	R	E	T
N	A	P	E	■	A	P	P	L	Y	■	F	I	V	E
H	E	N	N	A	■	■	S	A	C	H	E	T	S	■
■	■	■	O	P	A	L	■	S	H	U	N	■	■	■
W	O	R	S	E	N	E	D	■	E	N	D	O	W	■
E	W	E	■	S	K	E	E	T	■	G	E	N	E	S
E	L	B	A	■	A	R	A	B	S	■	R	E	A	L
P	E	A	L	S	■	S	L	O	P	E	■	A	V	E
■	T	R	I	M	S	■	S	N	U	G	G	L	E	D
■	■	■	G	O	A	L	■	E	N	G	R	■	■	■
■	B	A	N	G	L	E	S	■	■	S	A	M	B	A
L	O	R	I	■	I	V	I	E	S	■	V	I	A	L
A	S	I	N	■	V	E	R	S	A	■	E	D	I	E
S	H	A	G	■	A	R	E	A	S	■	L	I	T	E

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3 STORYLINES TO WATCH

Pats and Texans meet tonight in Foxboro in what is being billed as the NFL's game of the year ◗ AFC title game preview? ◗ Top playoff seeds on the line

JJ Watt has 16.5 sacks on the 2012 season.

1 Very important game for playoff seeding

All week it seems the talk has been the same: "This game is way more important for the Texans than for the Patriots." Umm, no. The Texans are No. 1 in the AFC by not one, but two games. They could lose to the Patriots and still go into Week 15 as the No. 1 seed in the AFC. Is it important for Houston as a franchise? Sure, it's a big game. But it's a bigger game right now for New England. With Denver winning Thursday, the pressure is on for New England to go back ahead of the Broncos for the No. 2 seed. If the Pats lose, they can basically kiss that first-round bye goodbye, and the doubt that they can beat top-notch teams in the NFL will return.

2 Big test for defense against Schaub and Co.

It's not breaking news to say the Patriots' defense, specifically their secondary, is their weak spot. But aside from a blip against the Bills, the Pats defense has looked solid dating back to a 45-7 win over the Rams. The problem, though, is that the encouraging efforts came against the Colts, Jets and Dolphins — hardly NFL powerhouses. Houston poses a serious threat offensively, having only been held to under 21 points once — a 13-6 win over the Bears. Matt Schaub isn't a top-tier quarterback, but he's able to get the job done. The Texans have receiving threats in Andre Johnson and Owen Daniels and Arian Foster in the backfield.

3 Big day for Brady and the offense

Maybe it'll be the birth of his daughter, Vivian, that turns Tom Brady super-human on Monday night. Maybe it'll be the Texans' average pass defense. Maybe it's because the opposing team, once again, is getting all the hype. Or, maybe it'll be the fact that Brady has put together an MVP-caliber season to date. Whatever the reason, expect Brady to have his absolute "A" game on Monday night. The Patriots will most likely look to pass as much as possible, and while the Texans boast a serious pass rush, the Patriots' offensive line should be up for the task.

JIMMY TOSCANO
sports@metro.us

3

SPORTS@METRO.US

GOT AN OPINION? SEND US YOUR THOUGHTS

Texans D-line tough test for Patriots

People say the next game is always the biggest, but that actually might be the case for the Patriots this time.

The Pats (9-3) will host the Houston Texans (11-1) tonight on Monday Night Football (8:30 p.m., ESPN) in a battle of the AFC's best.

The Pats' six straight wins vaulted them back into the first-round bye discussion, but they'll need a win in order to keep that talk alive. Houston sits pretty as the AFC's No. 1 seed right now, but a loss to New England will obviously give the Pats the tiebreaker if both teams end the season with the same record.

"They're a great football team, so anytime you play the best you want to see how you match up," Patriots quarterback Tom Brady said. "I think that our guys are excited, and it's a big challenge for us. They're an excellent football team in all three phases; they do a great job, so it'll be fun."

The Texans' defensive line is one of the best — and biggest — in football. Brady said coach Bill Belichick will give racquetball racquets to his defensive line in practice so Brady can get a feel for throwing over a bigger line known to bat down balls.

"They certainly get after the football," Brady said of Houston. "They can rush the quarterback; they do a great job stopping the run. I think Coach [Belichick] said they have pretty much every statistic you can name; they're on the tops of the league."

METRO/JT

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Jets win ugly, Ravens fall in OT thriller

The Jets kept their slim playoff hopes alive by winning a defensive battle in Jacksonville, while the Ravens lost a thriller.

▶ Jets 17, Bengals 10
The Jets scored all 17 of their points in the second half to earn a win over the Jags. Mark Sanchez played the whole game going 12-of-19 for 111 yards with no touchdowns or interceptions. Shonn Greene and Bilal Powell combined for 155 yards and a touchdown apiece.

HANNAH FOSLIEN/GETTY IMAGES

▶ Adrian Peterson had 100 yards and two touchdowns in the first quarter as the Vikings beat the Bears, 21-14.

▶ Redskins 31, Ravens 28 (OT)
In a back-and-forth, wild game the Redskins defeated the Ravens at home on a Kai Forbath 34-yard field goal in overtime. After Robert Griffin III was injured on the final drive, backup Kirk Cousins came in and finished the drive off with an 11-yard touchdown pass and two-point conversion.

▶ Colts 27, Titans 23
Once again the Colts came from behind, this week against the Titans. The Colts trailed 20-7 at the half, but rallied behind Adam Vinatieri's two field goals in the last six minutes. Kenny Britt had eight catches for 143 yards in the loss, as the Colts are now 9-4. RYAN HANNABLE

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or grief@partners.org

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